

# RUGBY HIGH SCHOOL GIRLS TRACK & FIELD RECORDS

<u>EVENT</u>	<u>NAME</u>	<u>TIME/DIST.</u>	<u>YEAR</u>
100 METER DASH .....	Staci Hager .....	12.3 .....	1998
200 METER DASH .....	Stephanie Vangsnes .....	25.8 .....	1998
400 METER DASH .....	Stephanie Vangsnes .....	58.1 .....	1998
800 METER RUN.....	Sydney Kraft.....	2:21.6.....	2009
1600 METER RUN.....	Sydney Kraft.....	5:17.3.....	2009
3200 METER RUN.....	Sydney Kraft.....	11:40.6.....	2009
100 METER HURDLES .....	Ashley Salwey .....	14.8 .....	2009
300 METER HURDLES .....	Ashley Salwey .....	45.3 .....	2009
HIGH JUMP .....	Tammy Johnson.....	5'4" .....	1976
LONG JUMP .....	Vanessa Friestad .....	18'4" .....	2008
TRIPLE JUMP.....	Vanessa Friestad .....	36'7" .....	2005
SHOT PUT .....	Leah Wentz .....	43'7¼" .....	2008
DISCUS .....	Leah Wentz .....	127'2" .....	2007
JAVELIN(Rubber Tip - New Rules) .....	Leah Wentz .....	115'4" .....	2007
POLE VAULT .....	Jana Gronvold.....	9'3" .....	2004
400 METER RELAY.....	Cindy Robbins..... Lori Ostrem Susie Zweber Karla Leier	50.1 .....	1982
800 METER RELAY.....	Kayleen Haman..... Lori Ostrem Susie Zweber Karla Leier	1:46.0 .....	1982
1600 METER RELAY.....	Valerie Moller .....	4:06.8.....	2004
	Sarah Skipper Shannon Swanson Jessica Tuchscherer		
3200 METER RELAY.....	Chelsea Halvorson..... Danielle Wangler Kirsten Welk Sydney Kraft	9:56.3.....	2008